
A REVIEW ON EFFECTS OF TEA ON BLOOD PRESSURE AND ENDOTHELIAL FUNCTION

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Abstract

Globally, tea drinking is second just to water. The biochemical effects of tea may, thus, have a major influence on the health of the population. In many populations, tea is the main contributor to overall flavonoid consumption. It has been shown that flavonoids in tea have a variety of behaviours and impacts that may lead to better health. In many cross-sectional and prospective demographic trials, tea consumption and intake of flavonoids present in tea have been linked with a decreased risk of cardiovascular disease. A selection of alternative pathways have been studied. The emphasis of this analysis is on the growing evidence that endothelial function and lowering blood pressure can be increased by tea flavonoids. In vitro experiments utilizing isolated vessels have demonstrated that vasodilator function occurs in tea flavonoids. The blood pressure results of tea flavonoids are less consistent. The findings of animal trials and demographic research are associated with the impact of tea on blood pressure control. Nevertheless, short-term intervention tests, especially in normotensive people, have not indicated any decrease in blood pressure with tea. Overall, the evidence available show that the impact of tea flavonoids on endothelial function and, possibly, blood pressure may be at least partially responsible for the advantage of drinking tea to the risk of cardiovascular disease.

Keywords: Blood, Endothelial, Flavonoids, Pressure, Tea, Health care, Animal trials.

I. INTRODUCTION

The consequences of populace studies suggest that ingesting tea may additionally guard in opposition to the development of cardiovascular disorder. The antioxidant polyphenolic compounds determined in tea, generally flavonoids, are counseled to be the primary components accountable. The impact of tea or of flavonoids from any other source on primary or secondary prevention of cardiovascular sickness has not been assessed in an intervention observe. For that reason, as a way to estimate the probable effect of dietary flavonoids on cardiovascular fitness, we have to rely on statistics from much less-rigorous sources [1]. The effects of tea and flavonoids determined in tea on a extensive variety of cardiovascular ailment-associated quit-factors were investigated. Some of viable mechanisms for cardiovascular benefit were implicated. The prevailing assessment will focus at the capability for tea and tea flavonoids to reverse endothelial dysfunction and to lower blood pressure in humans.

Tea, Flavonoids and Cardiovascular Disease: Population Studies

The connection between black tea consumption and cardiovascular disorder has been explored in some of population studies. The effects of several, however now not all, of these studies are suggestive of a protective impact of black tea. The shortage of gain located in a few research might be defined by either a uniformly very low or high flavonoid intake within these populations. The hyperlink between tea intake and different way of life elements associated with cardiovascular disorder danger may additionally have influenced the relationships found. A have a look at carried out on meta-analysis of tea intake on the subject of myocardial infarction. The analysis covered 10 cohort and seven case-control studies. The occurrence fee of myocardial infarction was envisioned to lower by using eleven% with an increase in tea intake of 3 cups in keeping with day [2].

Epidemiological studies have additionally explored the relationships among intake of flavonoids derived from tea, end result, vegetables and pink wine and cardiovascular ailment. The consumption of flavonoids has been related to a discounted threat of coronary heart disease mortality, stroke mortality and overall mortality. Huxley and Neil⁵ performed a metaanalysis of 7 potential studies of flavonoids in relation to coronary coronary heart disorder. The highest tertile of flavonoid consumption became associated with a 20% discount inside the chance of deadly coronary coronary heart sickness as compared with the lowest tertile of consumption [3]. Average, population research are suggestive of an inverse dating of tea and flavonoid consumption with cardiovascular ailment. However, a causative link has no longer been mounted and confounding is a potential trouble in prospective studies. The potential for confounding wishes to be stored in mind whilst decoding the outcomes from those studies. Outcomes of studies specializing in how tea may also influence cardiovascular disease danger can offer aid for the hyperlink. Consequences on a range of cardiovascular sickness-associated stop-points have been explored. The focus right here is at the potential for tea to advantage endothelial feature and blood pressure [4].

Endothelial Function

Endothelial disorder is characterised via the loss of ordinary endothelium-established vasodilation. The development of endothelial disorder may also contribute to the pathogenesis of cardiovascular disease. Thus, any development in endothelial feature ought to lessen the risk of coronary activities [3]. The consequences of in vitro studies provide evidence for direct effects of flavonoids present in tea on endothelial characteristic. Flavonoids determined in tea and extracts of black tea had been shown to purpose vasorelaxation of rat aortic rings. The effects of several of those research suggest involvement of nitric oxide (NO) in endotheliumdependent vasorelaxation. Endothelium- and NO-impartial mechanisms have also been described. The relative importance of those mechanisms is uncertain. The effect of tea and nutritional flavonoids on endothelial feature in humans has been a mechanism of predominant hobby in recent years.

Several research have now investigated the effect of tea on endothelial feature. A examine assessed the intense and chronic effects of tea consumption on float-mediated dilatation of the brachial artery in people with pre-current coronary artery sickness. Each acute and persistent intake of black tea over four weeks ended in great upgrades in flow-mediated dilatation. There has been no development in endothelium-independent nitoglycerine-mediated dilatation, suggesting that tea alters endothelial in preference to clean muscle cell feature. In a comparable

take a look at, we examined the effect of persistent tea consumption, over four weeks, on glide-mediated dilatation of the brachial artery in individuals with slight dyslipidaemia. Normal ingestion of five cups in keeping with day of black tea led to a great boom in flow-mediated dilatation.

However, in evaluation with the look at, we also discovered improvement in endothelium based glyceryltrinitrate-mediated dilatation. This suggests that the benefits of tea on vasodilation may be each endothelium and NO structured and vascular smooth muscle related [5]. In a next study, we investigated the intense outcomes of black tea on brachial artery vasodilator characteristic in fasting and publish-prandial states in people with pre-current coronary artery sickness. Glide-mediated dilatation was extensively progressed, but only when the tea was ate up with a meal. In that examine, the endothelium-independent glyceryl trinitrate mediated dilatation became not extensively altered. The few information which are available for green tea and endothelial characteristic endorse development in endothelium-dependent vasodilation [1].

Greater these days, we've got investigated whether development in endothelial feature with tea is associated with flavonoid metabolism. Absorbed flavonoids can be rapidly metabolised and this will modify their activity. Using facts from our previous trials, we investigated whether or not the endothelial characteristic reaction to tea was associated with flavonoid O-methylation, a chief pathway of flavonoid metabolism. In both studies, we determined that the greater the O-methylation, the less the development in endothelial characteristic.15 these consequences suggest that metabolism of flavonoids may alter vasodilator activity and their outcomes on endothelial function. Similarly trials are wanted to analyze this speculation [6].

Blood Pressure

Tea consists of caffeine at about 3% dry weight or about 30–50 mg in keeping with wellknown cup. Caffeine results in a transient increase in blood pressure in subjects who've prevented caffeine for 12 h or extra. Tea containing caffeine also induces a temporary growth in blood strain. But, tea contains excessive ranges of flavonoids, which may have an effect on blood pressure via consequences on vasodilation [7]. The consequences of tea and flavonoids derived from tea on blood pressure were studied in numerous rat fashions. The outcomes of those studies recommend that tea flavonoids can reduce blood pressure, however are not completely consistent. In spontaneously hypertensive rats, each black and inexperienced tea polyphenols had been found to attenuate blood pressure will increase. However, within the identical rat model, green tea flavonoids did now not adjust blood pressure, regardless of a prolonged lifespan. Further, green tea has been proven to reduce blood pressure in fructosefed Sprague-Dawley rats, however no longer in Dahl salt-touchy rats.

Outcomes of populace research advise that lengthy-term everyday ingestion of tea may decrease blood strain. In a cohort of Norwegian men and women, better intake of black tea changed into associated with lower systolic blood strain. We determined a comparable affiliation for both tea intake and a marker of publicity to tea-derived flavonoids with systolic and diastolic blood pressure in a cross-sectional study of older girls [8]. In a populace of men and women extra than twenty years of age, A observe discovered that, as compared with non-tea drinkers, the risk of hypertension was reduced by means of forty six% and sixty five% in those ingesting about two to 3 cups according to day or more than to a few cups in step with day, respectively. The effects of these studies advise that tea may additionally lower blood

pressure or save you will increase in blood pressure over time. But, due to the fact tea intake is typically related to a number lifestyle factors which can be associated with cardiovascular disorder risk, controlled trials are needed to deal with the query [9].

There had been no managed trials investigating the longer-time period (extra than 4 weeks) results of everyday ingestion of tea. Quick-term normal ingestion of tea for up to four weeks in intervention trials has now not been observed to alter blood strain in in large part normotensive individuals. It is viable that longer-term consequences on vasodilator characteristic may be required to alter vascular tone and blood pressure. The extreme results of tea on blood pressure had been inconsistent with the mentioned consequences of regular ingestion. This will be due, in component, to the presence of caffeine in tea and the layout of the research, which have particularly assessed effects inside the fasting kingdom. The flavonoids discovered in tea can also be liable for an acute, rapid-onset and brief-lived, pressor response, that's additive to the outcomes of caffeine. We have shown formerly that a unmarried dose of tea, containing 180 mg caffeine, triggered a transient (at 30 min) increase in blood strain approximately threefold that of caffeine by myself (180 mg dose) in folks who had fasted and avoided caffeine for greater than 12 h. Speedy-onset modifications in blood strain may be mediated via sensory properties of the tea ensuing in popular activation of the sympathetic fearful gadget. In a extra current study, we've got determined that ingestion of meals seems to negate, or at least blunt, this acute pressor reaction to flavonoids. The relevance of those acute consequences to any further-term outcomes of everyday intake is uncertain. But, this elevation in blood pressure can be clinically vital if it leads to an incorrect diagnosis of sustained hypertension or terrible blood pressure manipulate. In addition, these acute results can be relevant to decreasing put up-prandial hypotension in older individuals. The ability link among tea and blood strain has been investigated in quite a number research. Despite the fact that there may be some assist for the concept that tea and tea flavonoids can attenuate the improvement of hypertension and reduce blood pressure, further trials are wanted. Especially, the longer-term effects of ordinary ingestion of tea on blood pressure haven't begun to be investigated [10].

II. CONCLUSIONS

The evidence from move-sectional and prospective cohort studies that a better intake of black tea and flavonoids derived from green and black tea is related to lower risk of cardiovascular disease is pretty regular, but no longer but conclusive. Similarly evidence for the advantages of tea on cardiovascular threat comes from studies wherein consequences on elements worried within the improvement of cardiovascular ailment have been examined. Effects of in vitro studies, studies using animal models, population studies and human intervention trials advocate that tea flavonoids can improve endothelial function and may additionally decrease blood pressure. But, the outcomes of lengthy-term increased tea intake on each endothelial function and blood pressure stay uncertain. In addition studies are also needed to determine whether or not the observed results are due broadly speaking to specific flavonoids or elegance of flavonoids, or whether or not the outcomes are more generalized. Similarly, the importance of flavonoid metabolism in terms of located outcomes requires similarly investigation.

III. REFERENCES

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